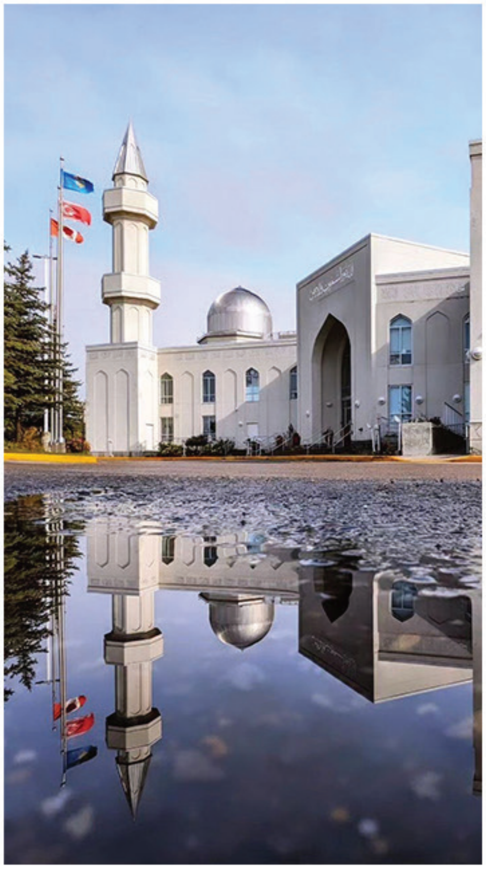
NAHNU ANSARULLAH



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SPECIAL APPEAL FOR PRAYERS

In his Friday Sermon of August 23, 2024, Hazrat Khalifatul Masih V (may Allah be his Helperl) instructed us to recite the following prayers to remain within the fortress of Divine protection, safe from Satanic onslaughts:

سُبْحَانَ اللّٰهِ وَبِحَمْدِهٖ سُبْحَانَ اللّٰهِ الْعَظِيمِ اللّٰهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

Translation: *Holy is Allah with His praise, Holy is Allah the Great, O Allah, bless Muhammad and the people of Muhammad*

(200 Times Daily forage 25+, 100 Times Daily for ages 15-25, 33 Times Daily for children and 3-4 Times Daily forsmall children

اَسْتَغْفِرُ اللّٰهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَاَتُوبُ اِلَيْهِ

Translation: *I seek forgiveness from Allah, my Lord, for all my sins, and turn to Him.*

(100 Times Daily)

رَبِّ كُلُّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي وَانْصُرْنِي وَارْحَمْنِي

Translation: *O my Lord, everything is Your servant. O my Lord, so protect me, help me and have mercy upon me!*

(100 Times Daily)

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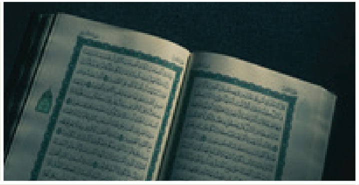
بسم الله الرحمن الرحيم

Table of Contents

Holy Quran 1



2 Hadith

So Said The Promised Messiah^{AS} 3

4
HAZRAT KHALIFATUL MASIH V^{AA}
A LOVING FATHER, A UNIQUE ROLE MODEL
Al-Hakam (Mirza Waqas Ahmad Sahib)

Minerals and Our Health: The Essential Building Blocks of Well-being
Dr. Hameed A. Mirza
Majlis Peace Village East 9

12
FLIGHT TICKETING
Nisar Shams
Majlis Melville

"Experience Breaking the Fast Together." 14

16
Jalsa Masih Mau'd
Ottawa West

Photo Gallery 17

THE HOLY QUR'AN

Photo by Abdulloh Fauzan on Unsplash.com

فَإِذَا قَضَيْتُمُ الصَّلٰوةَ فَاذْكُرُوا اللّٰهَ قِيٰمًا وَّقُعُوْدًا وَّعَلٰى جُنُوْبِكُمْ ۚ فَإِذَا اطْمَاْنَنْتُمْ فَاَقِيْمُوا
الصَّلٰوةَ ۚ اِنَّ الصَّلٰوةَ كَانَتْ عَلَى الْمُؤْمِنِيْنَ كِتٰبًا مَّوْقُوْتًا ﴿١٠٤﴾

Translation

And when you have finished the Prayer, remember Allah while standing, and sitting, and lying on your sides. And when you are secure from danger, then observe Prayer in the prescribed form; verily Prayer is enjoined on the believers to be performed at fixed hours.(4:104)

Short Commentary

As in the midst of a battle, formal Prayers are either said in haste, or performed in the form of one Rak'at only. Muslims are enjoined in this verse, with a view to making up the deficiency, to continue remembering God and praying to Him in an informal manner after the obligatory service is over. This was to compensate, on the one hand, for the shortening of Prayer and, on the other, to serve as a means of drawing the special aid and help of God in a time of great danger.

The expression, And when you are secure (from danger), then observe Prayer (in the prescribed form), very clearly brings out the difference between the words صلوا or اقضوا الصلوة (pray or offer Prayer) and the words اقيموا الصلوة(observe Prayer). The latter expression signifies observing Prayer attentively with all its necessary conditions. The verse thus clearly shows that Islam does not look upon the hasty performance of Prayer as coming under the injunction,اقيموا الصلوة (observe Prayer).

(The Holy Quran with Five Volume Commentary
Vol 2 pp697-698)

HADITH

Picture Source: https://equranacademy.com/

عَنْ اَبِيْ هُرَيْرَةَ ، اَنَّ رَسُوْلَ اللّٰهِ صلی اللہ علیہ وآلہٖ وسلم، قَالَ: ’’ اَلَا اَدُلُّكُمْ عَلٰى مَا يَمْحُوْ اللّٰهُ بِهِ
الْخَطَايَا، وَيَرْفَعُ بِهِ الدَّرَجَاتِ؟ قَالُوْا: بَلٰى يَا رَسُوْلَ اللّٰهِ، قَالَ: اِسْبَاغُ الْوُضُوْءِ
عَلَى الْمُكَارِهِ، وَكَثْرَةُ الْخُطَا اِلَى الْمَسَاجِدِ، وَانْتِظَارُ الصَّلَاةِ بَعْدَ الصَّلَاةِ، فَذٰلِكُمُ
الرِّبَاطُ، فَذٰلِكُمُ الرِّبَاطُ ۔ ’’

(مسلم كتاب الطهارات باب فضل اسباغ الوضوء على المكاره)

Translation

Abu Hurairah, God be pleased with him, narrates that the Holy Prophet, peace and blessings of Allah be upon him, said: "Should I not tell you of something which if you practice it will earn you Allah's favour and by means of which Allah will expunge your faults and elevate your rank? They said: "O Prophet of Allah, please do tell us." The Holy Prophet, peace and blessings of Allah be upon him, said,' 'To perform the ablution thoroughly even though one may not feel like it; to walk to the mosque from a distant place; and, having offered one's prayers, to await the next prayer eagerly. These are the means of being in a state of readiness to guard the frontiers."

(Muslim)

So said the Promised Messiah as

Picture Source: https://www.instagram.com/jalsa_salana/

> *When the blessings of Allah are near at hand, He provides the pre-requisites for the acceptance of prayer. The heart is stirred, warms up and begins to glow. When, however, the moment is not opportune for the acceptance of prayer, the heart lacks that tranquillity which results in turning towards God. However much one exerts oneself, the heart does not respond by exhibiting willingness. It is so because at times God exerts His decree so that His Will be done, and at other times He concedes to the prayer of His servants. That is why as long as I do not perceive the signs of God's willingness, I do not entertain much hope for the acceptance of prayer. At such times, I submit to the Will of my Lord with greater pleasure than that which I derive from the acceptance of prayer. Indeed, I know that the blessings and fruits of this submission to the Will of God are greater by far.*
>
> *(Malfoozat Vol. 1: p 304, edition 2003)*

HAZRAT KHALIFATUL MASIH V^{AA} A LOVING FATHER, A UNIQUE ROLE MODEL

Al-Hakam
(Mirza Waqas Ahmad Sahib)

Picture Source: https://tariqmagazine.org/

Huzur's^{saa} personal life at home is a practical reflection of the guidance Huzur^{aa} gives in his sermons, classes and addresses to auxiliary organisations. This is not from today or since he was chosen as Khalifatul Masih, but rather, as far as my memory goes, it has always been his way to live his life according to the commandments of Allah. The same is the case today. However, ever since the responsibility of Khilafat was given to him, this has acquired a new dimension.

One thing that I have always noted is that Huzur^{aa} always pays special focus on worship; to strictly adhere to the timings of Salat himself and to inculcate this in his family. This is such an aspect of Huzur's^{aa} life that has always remained etched on my mind.

There were many challenges during our time in Africa, but beyond the challenges of the time, what remains a strong memory is Huzur's adherence to the five daily prayers. If there is anything that Huzur^{aa} has constantly asked us about since childhood, it is about performing Salat. His immersion in Salat and his weeping is exemplary. To completely cut off from the affairs surrounding him and to devotedly stand before God is a special characteristic of Huzur^{aa}.

Patience is considered to mean remaining quiet in times of difficulty. However, the true definition of patience can be seen in the person of Huzur^{aa}.

When we were in Ghana, the house that was given to Huzur^{aa} was not exactly one of comforts. Many problems were faced whilst living there. There was an old generator for use at night that could only be used for three hours at any one time, and so the three hours would be spread over a longer period, turning it off frequently and switching it back on. It would only be used when necessary. Otherwise, we would try to make do without it.

No matter the circumstances, we always saw that not only did he never complain, but he always found ways of praising Allah and showing gratitude to Him. This true definition of patience was one we learnt from Huzur^{aa}

However, it should be clear that it was not as if Huzur^{aa} would not make any plan in times of difficulty. It is another key characteristic of Huzur[aa] that he plans to the best and highest of standards.

He always relied solely on Allah for favourable outcomes in difficult circumstances, and along with this trust in Allah was his habit of hard work. Whilst living in Africa, whenever there were difficult situations, for instance when the roof started to leak or when there was a shortage of water, he never complained, nor did he ever speak out about the unfavourable circumstances and nor did he feel shame in doing practicall work with his own hands. Whatever the circumstances, he bore hardships wholeheartedly. Neither did he fear any challenge, nor did he allow us to be fearful. We never saw him fearful, and this was something he expected of us as well, to never be afraid of anything. Huzur[aa] is extremely courageous and brave, and he has never wanted for us to have any form of cowardice in us. If ever we saw fear in him, then it was the fear of Allah.

Our house in Ghana was pretty much in a jungle. Scorpions and snakes were frequently seen. However, he never permitted us to be afraid of such things. If seen, Huzur[aa] would kill a small snake or scorpion himself. Once, he killed a considerably large snake. Thus, neither did he fear anything, nor has he permitted us, since childhood, to be afraid.

I have noticed that it is for this reason that Huzur[aa] is able to commit all his matters to God. To plan to the best of his ability and to rely on Allah for good results is a teaching that Huzur[aa] not only taught us verbally, but also practically through his example.

I recall that once, on the second day of Jalsa Salana, Huzur[aa] received the news that our grandmother [Hazrat Sahibzadi Nasira Begum Sahiba] had fallen severely ill. Huzur[aa] was told that perhaps it was her last few moments. Obviously, Huzur[aa] was somewhat perturbed by hearing this news, but he did not allow this to affect his routine during the Jalsa days, nor did we feel that it had distracted him from his routine. The Jamaat did not have the slightest clue that alongside the concerns for the entire world, in those moments, Huzur[aa] was worried for the health of his mother. He continuously remained informed about her illness and continued to pray for her.

We witnessed Friday, 28 May 2010. Huzur[aa] was occupied in preparation for his Friday Sermon. He still had to get ready for going to the mosque when he received the news of the attacks on our mosques in Lahore. Huzur [aa] constantly remained informed about the news of the attacks. He would enquire about updates and would pray too. In his office, he continuously received phone calls and faxes from all around the world. At home too, we received phone calls from relatives. This all continued, however, we saw that despite all his concerns and worries, he did not let it affect his preparation for Jummah. And the world saw that the Jummah prayers happened as usual.

Huzur[aa] went to the Baitul Futuh Mosque, delivered the Friday Sermon, returned and enquired about the latest news. He issued instructions to the Jamaat in Pakistan in a detailed manner. He gave guidance to them at every moment. However, Huzur[aa] did not let all this anxiety wear him out as it does a normal human being.

It is a fact that the pain the loss of lives caused Huzur[aa], it did not cause anyone else. But as the leader of this Jamaat, his sight was set on Allah. The Jamaat is Allah's, the sacrifice was made for Allah, then only Allah could get us out of the storm of difficulties. Progress was in His hands and the reward for martyrdom was in His hands.

This is only an example of how Huzur[aa] never stopped in his efforts and always relied solely on Allah for His help and succour. I have always seen Huzur[aa] pass through turbulent trials and tribulations while completely depending on Allah. The results of such moments, by the Grace of Allah, are before everyone.

It is also worth mentioning that the wellbeing and security of members of the Jamaat are of paramount importance for Huzur[aa]. Huzur[aa] was in India, when such circumstances arose that were not favourable for him travel further to Qadian.

A state official from Delhi said to Huzur^{aa} that if he desired, security arrangements could be made for Huzur^{aa} to travel to Qadian. Huzur ^{aa} replied:

"Only Allah can provide security. There are always hundreds of Ahmadis around me, and during Jalsa, they will be in their thousands. I care for each one of them. I cannot afford to compromise the security of any one of them."

From this, we can assess the concern Huzur^{aa} has for every Ahmadi. Even though every Ahmadi is ready to sacrifice their life for the sake of Khilafat, but the life of every Ahmadi is very dear to Huzur^{aa}. So, when fate manifests itself and the Jamaat has to offer the sacrifice of lives, his patience is exemplary. And in normal circumstances, Huzur^{aa} does his best through prayer and effort for their welfare.

The strongest of men are sometimes helpless when it comes to controlling emotions, but an individual who has complete trust in Allah and has entrusted everything to Him, his emotions are then subservient to His command and will. In such circumstances, at home we always witness, and the Jamaat too witnesses it now, that in trying times, Huzur^{aa} never complains and does not permit fear to be caused, rather he prostrates before his Lord and urges the Jamaat to do the same. Even at home, we have always been taught this and his actions have always practically taught us to do so.

My mother [Hazrat Sahibzadi Amatul-Sabooh Begum Sahiba] once told me that when they heard the news of Hazrat Khalifatul Masih III's^{rh} demise, they were in Ghana. They received the news at night. In one hand, Huzur^{aa} held the telegram while in the other, Huzur^{aa} held the torch through which he was able to read the message. Huzur^{aa} continued to read the telegram, and pain and grief began to overcome their hearts. The hand with which Huzur^{aa} was holding the torch began to tremble severely. And that was it. After that, all his emotions, all his pain was expressed before God.

My mother told me that Huzur^{aa} spent the entire night praying in grief and expressed his heart's content in his prostrations. The next day, we had to go to Ghana's city of Accra and the entire journey was spent in supplications. Whenever Huzur^{aa} spoke to us children, he told us about the importance of Khilafat and its establishment. Even then, the routine works were not affected, which gave further strength in our belief in Huzur^{aa} being a realist. It was impossible for him to do anything living so far away; all he told us to do was pray, which he did a lot, and that the work of the Jamaat continues, which he practically showed.

Hazrat Mirza Masroor Ahmad^{aa}, with his daughter, greets Hazrat Khalifatul Masih IIIrh (Ghana)

In our childhood, Huzur^{aa} would narrate stories to us, but such stories that carried morals. One story that I recall frequently listening to was about Hazrat Bilal^{ra} and his patience and perseverance, especially the chapter to do with when Hazrat Bilal^{ra} would repeatedly respond to the opponents with "Ahad! Ahad!" [God is One! God is One!]. This is something I recall Huzur^{aa} frequently narrating. Huzur^{aa} would explain how Hazrat Bilal^{ra} was tormented in so many ways, yet despite that, he bore all hardships for his faith and remained resolute in his faith. The other stories resembled this and were all true and had morals in them. From these incidents, the level of his faith in Allah's unity becomes clear. He never made any worldly means parallel to Allah; he never let any trying time come in between him and his Lord.

Another extraordinary trait of Huzur^{aa} that has always had a great impact on me since childhood is his love and relationship with Khilafat. I always noticed since childhood that he would write to Hazrat Khalifatul Masih regularly and constantly.

I was very young when I once said, "Why don't you photocopy one letter and change the date each time before sending it?" I realised that Huzur^{aa} did not like what I said. He expressed his dislike, but also explained, "I write this out of my own love; I am not compelled to do so. Photocopies can be sent when one is compelled to. One should say istighfar [repent] for such a thought." In this manner, Huzur^{aa} established love and respect for Khilafat in our hearts from a very young age.

Huzur^{aa} kept a close eye on our tarbiyyat and would not ignore even the smallest aspect of tarbiyyat. Whenever possible, he would take us on trips. On such trips, according to the available means, he would openhandedly and wholeheartedly arrange for our entertainment so that we would fully enjoy the trip; it was not as though he would be tight-fisted in spending on us, however at the same time, he never misspent his money either. In entertaining us, he ensured that we, his children, enjoyed ourselves.

Whatever time he had when not performing his official Jamaat duties, he would spend it with us at home. Huzur^{aa} always detested unnecessarily eating meals and sitting in pointless social gatherings in the name of Jamaat-related work. He never stayed out unnecessarily with the excuse of Jamaat duties, rather he would give that time to us, his family.

When going on trips, children sometimes pull tantrums and get irritable, and the father, who is responsible for the family, sometimes loses his temper. But even in such cases, I always noticed that Huzur^{aa} would remain cheerful and would talk to us calmly and lovingly. This way, we would understand, and the joy of the trip would not be compromised.

There was always an awe-inspiring presence of Huzur^{aa}. The awe was not such that hindered us from talking openly with him, but at the same time, it was not as if we could do or say whatever we liked in front of him.

The overriding aspect of Huzur's^{aa} personality, when remembering him at home, is of Salat. No matter what we were doing, no matter what we were talking to him about, if it was time for Salat, then Salat would take precedence.

Once, we went to Karachi and we reached our destination quite late at night. It took us even longer to finally get some rest. In the morning, we woke up with a little delay in Fajr prayer – there was still some time, but very little. The concern and distress with which Huzur^{aa} woke us up was something that made a lasting impression on me, something that I remember even today. Huzur's^{aa} entire being was shaken because the time for prayer was nearly over. He hurriedly woke us all up and got ready for Salat.

This was when we were very young, and in that naïve age, I said, "There is still time; what is all the fuss about?" This sentence was uttered by a child out of ignorance, but that day, I realised that Huzur^{aa} does not tolerate even the slightest remark when it comes to worship. Huzur^{aa} was displeased at my comment. Huzur^{aa} has always had a "no nonsense policy" when it comes to Allah's worship. From a very young age, Huzur^{aa} has always urged us to focus on our Salat. This is the same even today.

When I came to the UK in 2003 for education, the foremost thing that Huzur^{aa} paid stress on was the regular offering of Salat. He has always said, and on that occasion, he repeated, "If you continue to offer your Salat, Allah will continue to protect you." When speaking to Huzur^{aa} on the telephone, Huzur^{aa} would enquire about my prayers. As we got older, Huzur's manner in explaining things to us changed, yet the things he would stress even in childhood, he continued to draw our attention to even as we got older, and this remains to date.

The 16 years that we spent in the Fazal Mosque, even there Huzur^{aa} would call me daily on the telephone to wake me up for Salat. After coming to Islamabad, one day Huzur^{aa} thought that perhaps I had not turned up for Salat. Huzur^{aa} called me on the phone and enquired whether I had gone for prayer. Then there are our children; Huzur^{aa} emphasizes the same things for their tarbiyat, especially Salat.

One can assess from Huzur's^{aa} state whilst waking us up in Karachi that Huzur's^{aa} every good deed is solely for the sake of Allah and not for displaying to others. Not just Salat, but every pious deed performed by Huzur^{aa} is in following the instructions of Allah and seeking

His pleasure. He has never performed any good deed for mere display.

After Khilafat, there has been a drastic change in Huzur's^aa^ routine. Huzur's^aa^ entire schedule has now been sacrificed for the sake of the Jamaat. But at home, he keeps a close watch over our tarbiyat and edification.

One noteworthy fact is that after being bestowed the mantle of Khilafat, the advice thatHuzur^aa^ has given to the Jamaat was always expected of us too. Salat has always remained the foremost priority in Huzur's^aa^ life and after Khilafat, he has urged the Jamaat to pay attention to the importance of Salat, while also drawing our attention especially to this. Despite his schedule becoming even more intense, he continues to pay attention to Holy Prophet's^as^ example of showing an excellent conduct to his family.

Out of his busy schedule, though relatively less than before, yet he still takes time out for his family. At breakfast, he enquires about members of the household, the needs of the house, and whatever is needed at home, he arranges for that to be done. Huzur^aa^ remains occupied in his office all day, but in the evenings, he takes out time for his family and has tea with us – our children also get the chance to spend a few moments with Huzur^aa^. In this short period of time, Huzur^aa^ listens to what the children have to say and affectionately talks to them. If anyone is unwell at home, Huzur^aa^ attends to them. We all, including our children, understand how busy Huzur's^aa^ schedule is, and so when Huzur^aa^ takes time out to visit us, even for a few moments, it comforts us and brings great joy to us. Huzur^aa^ asks us how we are and listens carefully; he asks us about our regularity in taking medication. If we have not yet informed the doctor, Huzur^aa^ arranges for the doctor to see us. He is very particular about personal hygiene. Regular bathing, clean clothes, cleanliness of socks etc. are all things that he is particular in himself and has taught us about and inculcated in us. He has never felt any shame in doing manual labour and his own work himself, something he has taught us also. He has always taught us to do our own work ourselves.

Once, in Rabwah, when I was very young, my bicycle's tyre had punctured. I asked one of the workers in our house to have the tyre changed. When Huzur^aa^ found out, he was not pleased and explained to me, "By doing this, a person never gets into the habit of doing their work themselves. According to one's capacity, one should do their work themselves."

After Khilafat, the pace of Huzur's^aa^ life has increased manifold; everything moves at a greater speed. We had to adjust to this change also. We also had to come to the realisation that Huzur's^aa^ life has taken a completely fast-paced path. For this reason, whatever time Huzur^aa^ takes out of this fast-paced, extremely busy lifestyle for our sake, we consider it a blessing.

Sometimes we are stunned when Huzur^aa^ takes time out to attend to us and our children. Everything is running simultaneously – taking care of the smallest things, planning for our entertainment, ensuring the children are happy, talking to the children and concentrating on their tarbiyat.

Along with our children, we are aware that the focus of Huzur's^aa^ life is the success and progress of the Jamaat; his days and nights have been sacrificed for this cause. Therefore, the few moments that we have to spend with Huzur^aa^ at home, we consider it to be a lot of time. Even a little of Huzur's^aa^ attention is deemed a lot.

Huzur^aa^ always took great care of us before Khilafat and continues to do so now after Khilafat. Prior to Khilafat, we saw this love and affection from a father. However, after becoming Khalifatul Masih, with the responsibility of the smooth functioning of the Jamaat and all the duties associated with it, he takes time out to take care of the welfare of members of his family, talks to us, gives us advice, looks after our needs and fulfils them. This love from Huzur^aa^ is such that has left a great impact on all of us in our house.

May Allah enable us to properly appreciate the attention and love Huzur^aa^ gives to us. May He enable us to pay gratitude. May the importance of this blessing always be in our minds and the minds of our children. May Allah always keep Huzur^aa^ healthy and secure.

Minerals and Our Health: The Essential Building Blocks of Well-being

Dr. Hameed A. Mirza
Majlis Peace Village East

Picture Source: https://www.freepik.com/

Almighty Allah has ordained us to be mindful of our health, recognizing it as one of His greatest blessings. Among the many favors He has bestowed upon us, good health is undoubtedly one of the most valuable. To express gratitude for this blessing, it is our duty to take proactive measures in maintaining it. This includes being conscious of what we eat and drink, ensuring that our consumption contributes to overall well-being rather than harm. A well-balanced diet, rich in diverse nutrients, is essential for the body to function optimally. By prioritizing our health, we enable ourselves to fulfill our religious obligations, including prayer and supplication, with greater energy and devotion.

One critical aspect of health that is often neglected is the intake of essential minerals. These vital nutrients play a fundamental role in various physiological functions of the human body. Unlike macronutrients such as carbohydrates, proteins, and fats, minerals are required in smaller amounts, yet their significance cannot be overstated. These inorganic substances are crucial for bone strength, enzyme functions, nerve transmission, and overall metabolic processes. Deficiencies or excesses in mineral intake can lead to severe health consequences, making it imperative to maintain a diet that is rich in these essential nutrients.

By ensuring that our food choices support adequate mineral intake, we honor the body that Allah has entrusted to us, allowing us to lead healthier, more fulfilling lives. A mindful approach to nutrition not only strengthens our physical well-being but also enhances our spiritual journey, enabling us to perform our religious duties with greater ease and sincerity.

Types of Minerals

Minerals are classified into two main categories based on the amounts required by the body:

1. **Macrominerals** – Needed in larger amounts, including calcium, magnesium, potassium, sodium, phosphorus, sulfur, and chloride.

2. **Trace Minerals** – Required in smaller quantities but still essential, including iron, zinc, copper, iodine, selenium, fluoride, manganese, and molybdenum.

Over 40 elements fall into these categories. Some of these elements are toxic and can harm our health if they accumulate, making it essential to monitor and eliminate them from the body. Conversely, other elements are vital for health, so maintaining their optimal concentrations is equally important. Some of the key elements are discussed below:

Macrominerals

1. *Calcium*

- Function: Supports bone and teeth formation, aids in blood clotting, nerve signaling, and muscle contractions.
- Sources: Dairy products, leafy greens, almonds, fortified foods.
- Deficiency Effects: Osteoporosis, muscle cramps, impaired blood clotting.

2. *Magnesium*

- Function: Essential for muscle and nerve function, protein synthesis, and energy production.
- Sources: Nuts, seeds, whole grains, leafy vegetables.
- Deficiency Effects: Fatigue, muscle spasms, irregular heartbeat.

3. *Potassium*

- Function: Regulates fluid balance, muscle contractions, and nerve signals.
- Sources: Bananas, oranges, potatoes, spinach.
- Deficiency Effects: High blood pressure, muscle weakness, fatigue.

4. *Sodium*

- Function: Maintains fluid balance, aids nerve and muscle function.
- Sources: Salt, processed foods, seafood.
- Excess Effects: High blood pressure, increased heart disease risk.

5. *Phosphorus*

- Function: Supports bone and teeth formation, energy production (ATP synthesis), and DNA/RNA formation.
- Sources: Meat, dairy, nuts, legumes.
- Deficiency Effects: Weak bones, fatigue, poor appetite.

6. *Sulfur*

- Function: Essential for amino acid synthesis, detoxification, and healthy skin, hair, and nails.
- Sources: Meat, fish, eggs, garlic, onions.
- Deficiency Effects: Brittle nails, joint pain, impaired detoxification.

7. *Chloride*

- Function: Maintains fluid balance, supports digestion (stomach acid component), aids nerve function.
- Sources: Salt, tomatoes, olives, celery.
- Deficiency Effects: Muscle weakness, digestive issues, dehydration.

Trace Minerals

8. *Iron*

- Function: Essential for hemoglobin formation and oxygen transport.
- Sources: Red meat, spinach, legumes, fortified cereals.
- Deficiency Effects: Anemia, fatigue, weakened immunity.

9. *Zinc*

- Function: Supports immune function, wound healing, and cell growth.
- Sources: Meat, shellfish, seeds, legumes.
- Deficiency Effects: Weakened immune response, hair loss, slow wound healing.

10. *Iodine*

- Function: Critical for thyroid hormone production and metabolism regulation.
- Sources: Iodized salt, seafood, dairy.
- Deficiency Effects: Goiter, hypothyroidism, cognitive impairment in

children.

11. Selenium

- Function: Acts as an antioxidant, protects against cell damage, supports thyroid function.

- Sources: Brazil nuts, eggs, fish.

- Deficiency Effects: Weak immune response, muscle weakness.

12. Copper

- Function: Supports red blood cell production, aids iron absorption, strengthens the immune system.

- Sources: Shellfish, nuts, whole grains, organ meats.

- Deficiency Effects: Anemia, weak bones, neurological disorders.

13. Fluoride

- Function: Strengthens tooth enamel, prevents cavities, supports bone health.

- Sources: Fluoridated water, tea, fish.

- Deficiency Effects: Increased risk of cavities, weaker bones.

14. Manganese

- Function: Supports bone formation, metabolism, and enzyme function.

- Sources: Nuts, whole grains, leafy vegetables, tea.

- Deficiency Effects: Weak bones, joint pain, poor wound healing.

15. Molybdenum

- Function: Aids detoxification processes and enzyme activity in amino acid metabolism.

- Sources: Legumes, nuts, whole grains, dairy.

- Deficiency Effects: Rare but may cause neurological issues and sulfite sensitivity.

Maintaining a Balanced Mineral Intake

To ensure adequate mineral intake:

- Eat a diverse diet rich in whole foods like fruits, vegetables, nuts, seeds, dairy, and lean meats.

- Avoid excessive processed foods, they often have either high in sodium or sugar contents that can lead to various health issues such as hypertension or diabetes.

- Supplement, when necessary, but only under medical supervision to prevent toxicity.

Conclusion

Minerals are a divine gift from Allah, essential for maintaining optimal health, supporting bodily functions, and preventing diseases. Just as Allah has provided us with a balanced ecosystem, He has endowed our bodies with the means to sustain life through a variety of elements—both macrominerals and trace minerals—that play unique roles in our well-being.

A balanced diet, rich in these minerals, is essential for ensuring that our body receives all the necessary nutrients. This not only keeps us physically healthy but also enables us to perform our religious duties with vigor. Maintaining our health is particularly significant because it allows us to better serve the cause of Allah. A healthy body enables us to engage in acts of worship, serve our communities, and spread goodness. When we make informed dietary choices, ensuring the right balance of minerals, we are better equipped to perform our prayers, fast, and partake in charity—actions that are pleasing to Allah. May Allah grant us the wisdom to take care of our health, so that we may serve Him better and offer our supplications with strength and clarity, pleasing Him in every aspect of our lives. Ameen!

References

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FLIGHT TICKETING

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Picture Source: https://skiesmag.com/

Finding cheap flight tickets from Canada requires a mix of strategies and tools. Here are some tips to help you score the best deals.

1. Use Flight Search Engines

- Google Flights: This tool helps you see a broad range of flight options, price trends, and nearby airports. You can also track flight prices and get notifications for fare drops.

- Skyscanner: Skyscanner compares flights from various airlines and booking sites. You can search by flexible dates or destinations for cheaper options.

- Momondo: A great search engine to compare prices from different airlines and booking sites. They offer "cheapest" or "best" options for your route.

- Kiwi.com: This site can help find cheaper flights by combining different airlines and routes.

2. Set Price Alerts

- Websites like Google Flights, Kayak, and Skyscanner allow you to set alerts. These will notify you when prices drop for your selected route.

3. Be Flexible with Your Dates

- Flights can vary greatly depending on the day of the week, time of day, and season. Midweek flights (Tuesdays and Wednesdays) tend to be cheaper than weekends.

- Off-season travel also helps you find cheaper tickets. For example, flying during the shoulder seasons (spring and fall) can often be less expensive.

4. Book in Advance

- Booking your flight 3-6 weeks in advance for domestic flights and 2-3 months ahead for international trips is often recommended.

5. Check Budget Airlines

- If you're flying within Canada or to the U.S., check out budget airlines like WestJet, Swoop, Air Canada Rouge, or Flair Airlines.

They may not have as many amenities, but the fares can be much lower.

- Keep an eye out for sales and promotional offers from these carriers.

6. Use Incognito Mode

- When searching for flights, use Incognito Mode (private browsing) to avoid dynamic pricing. Websites track your search history, and prices may go up if you search the same flights multiple times.

7. Try Multi-City or Connecting Flights

- Direct flights can be more expensive, especially on longer routes. Consider booking connecting flights or multi-city trips, which may help you save money.

8. Check Nearby Airports

- If you're flying to a large city like Toronto, Montreal, or Vancouver, check nearby airports (e.g., flying into Hamilton instead of Toronto, or Gatineau for Ottawa). You can often save money and take a short train or bus ride to your destination.

9. Use Airline Miles or Rewards

- If you have a frequent flyer program, airline miles can be used to reduce the cost of your flight. Consider signing up for travel rewards credit cards to earn miles for future flights.

10. Book Round-Trip or One-Way Flights

- Sometimes booking a round-trip ticket can be cheaper than two one-way flights. But always check one-way tickets as well, especially if you're open to flying with different airlines on each leg of the trip.

11. Look for Promo Codes

- Some airlines and travel booking sites offer promo codes that you can apply at checkout for discounts. Keep an eye out for these deals!

With these tips, you should be able to find some great deals on flights. Safe travels!

Photo by Qi Li on Unsplash.com

Picture Source: https://www.ahmadiyyagallery.org/

“EXPERIENCE BREAKING THE FAST TOGETHER”

On March 8, 2025, the Mahmood Mosque in Regina hosted the event titled “Experience Breaking the Fast Together.” Alhamdulillah, the gathering was a resounding success, with 75 Jama’at members and 45 non-Ahmadi guests in attendance. Notably, this year our young Nasirat and Atfal actively invited their friends and teachers to join the event, further strengthening community ties.

The program was skillfully moderated by Madeeh ur Rehman, who did an excellent job engaging the audience and adding humor to the event. Luqman Ahmad provided an informative introduction to the host organization, the Ahmadiyya Muslim Jama’at.

We were honored to welcome special guests, including Sally Housser, MLA for Regina University, and Nicole Sarauer, MLA for Regina Douglas Park. MLA Sarauer conveyed Ramadan greetings on behalf of the NDP and acknowledged International Women’s Day. She also praised the Ahmadiyya Muslim Women’s Association of Regina as an exemplary organization. Additionally, Professor Franz Volker Greifenhagen from Luther College extended Ramadan greetings on behalf of the college, further enriching the event.

Respected Murabi Tanvir Khalil Sahib delivered an insightful speech on the blessings of Ramadan, which was followed by an engaging Question and Answer session.

A book and brochure stall was set up on both the men’s and Lajna sides, where guests collected approximately 25 flyers and six books.

Approximately 20 female guests attended from the Lajna Ima’illah hall. Alhamdulillah, Piyam Nabi Sahib successfully managed the live broadcast of the men’s hall proceedings to the Lajna hall, ensuring everyone could fully participate in the program.

All Jama’at members played a vital role in making the event a success. They actively engaged with guests, fostering meaningful discussions on Islam and Ahmadiyyat. Some young Jama’at members even exchanged contact information with their peers to maintain these newfound connections.

The evening concluded with a delightful Iftar meal. Female guests who dined upstairs later visited the Lajna Ima'illah hall to continue their interactions.

Alhamdulillah, members from all auxiliaries—Ansarullah, Lajna Ima'illah, Khuddam-ul-Ahmadiyya, Atfal-ul-Ahmadiyya, and Nasirat-ul-Ahmadiyya—worked diligently to ensure the event's success. Their efforts included setting up, winding down, providing security, welcoming guests, registering attendees, serving Diyafat, and most importantly, offering warm companionship to our valued guests.

Ramadan
KAREEM
Reserved
Reserved

THE
MESSIAH
HAS COME
Increase your Knowledge! Please take a few
GOD

Ramadan
KAREEM

MAHMOOD MOSQUE
REGINA, CANADA

JALSA MASIH MAU'D

OTTAWA WEST

SATURDAY,
MARCH 22ND 2025

Picture Source: https://www.ahmadiyyagallery.org/

It was a combined Jalsa of all auxiliaries. All Ansar members were informed and encouraged to attend the Jalsa through Ansarullah platform. Some of the key points are:

The Jalsa was held in Carleton Heights Community Centre, Ottawa.

Program started right after Namaz e Asar at 6:15pm.

Jalsa started with recitation of Holy Quran, after that one Ansar members presented the poem.

A presentation was delivered on the subject of "Prophecy of the Lunar & Solar Eclipse."

Respected Murabi Farhan Iqbal Sahib delivered a speech on the topic of "The Promised Messiah's love of God".

Jalsa concluded with silent prayer right before Iftar.

Dinner was served after Namaz e Maghrib.

35 Ansar members attended the Jalsa.

Some of the photos as attached.

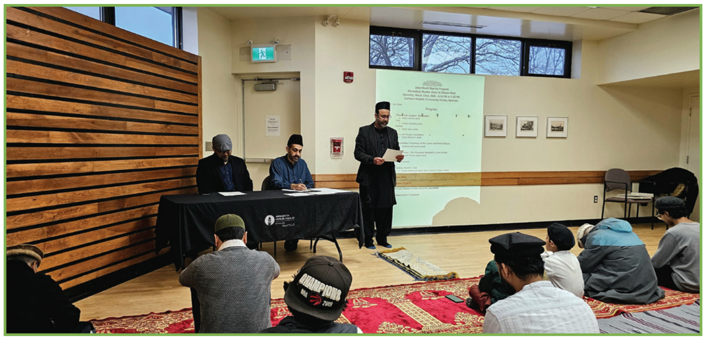
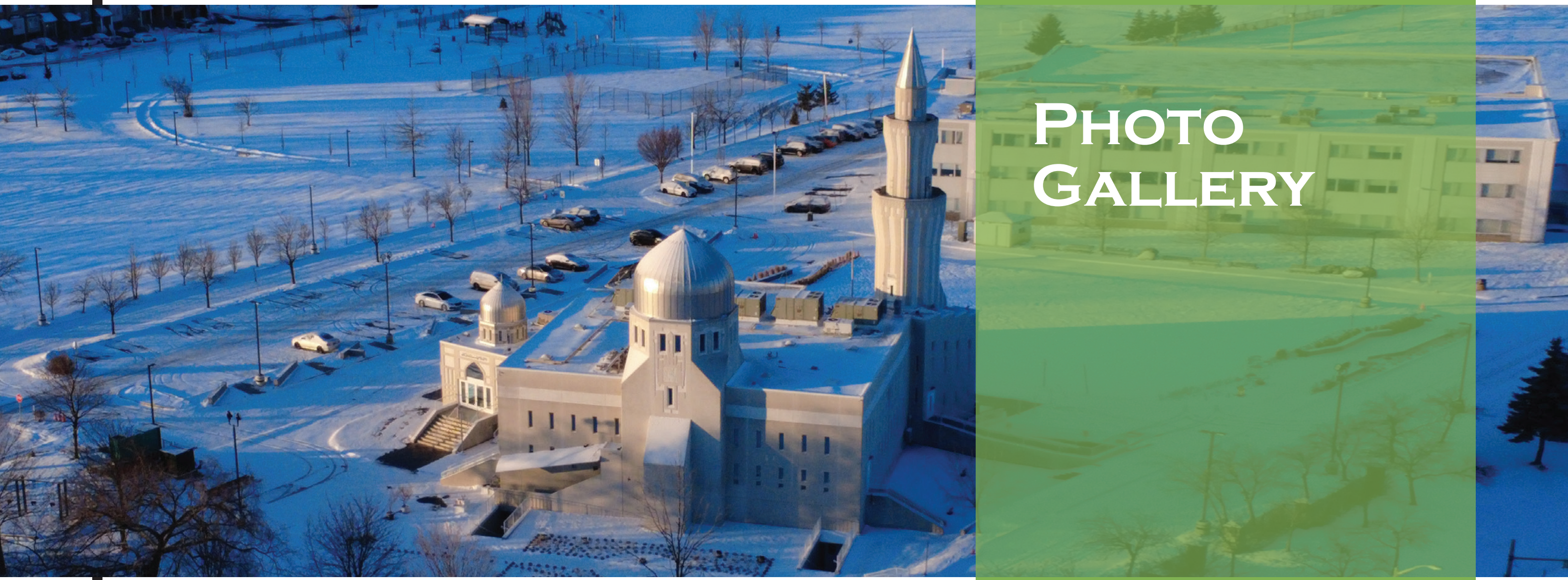
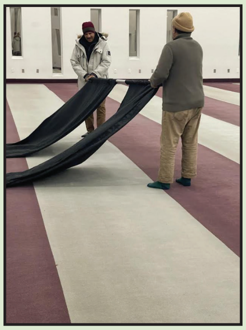


PHOTO GALLERY



Members of Majlis Ansarullah Peace Village Southeast held an Ijlas-e-Aam as well as a Waqar-e-Amal. Some of the highlights are shown in the following photos.



Members of Majlis Ansarullah Peace Village South East delivered hot fresh cooked food to Cornerstone Shelter Center York. Some of the highlights are shown in the following photos.